

## CLAIMS

Claim 1. A method for improving a bowler's control over (the direction or spin) on a bowling ball, when releasing a bowling ball from (the finger hole) in a bowling ball, comprising the steps of:

- a. placing the contact area of a first surface of a finger pad shield in contact with a bowler's finger pad;
- b. inserting said finger pad shield in the finger hole of a bowling ball;
- c. placing a second surface of said finger pad shield opposed to said first surface, in contact with the interior surface of said finger grip hole;
- d. releasing said finger pad from said bowling ball finger grip hole by applying a force in a first direction from said bowler's finger pad against said first surface and to said interior surface of said bowling ball; and
- d. said step of releasing includes the step receiving the force of the bowling ball against said second surface, and spreading said force over said contact area, for reducing the pressure on said bowler's finger pad.

Claim 2. The method of claim 1, wherein, said step of releasing includes the step of lifting said bowling ball.

a Claim 3. The method of claim <sup>14</sup> including the steps of: supporting said finger pad finger pad shield with a support made of a rigidly deflectable material which holds said finger pad shield in a stable position relative to said support ; and transferring the force of the bowling ball from said finger pad shield to said support to producing a counter force in said support for restoring said support to said stable position.

Sub. a's Claim 4. The method of claim 1, including the step of controlling the depth of insertion of said finger pad finger pad shield in said finger grip hole by engaging

a surface connected to said finger pad shield with the surface of the bowling ball to limit the depth of insertion of said finger pad shield into said bowling ball finger hole.

Claim 5. The method of claim 4, wherein said step of controlling the depth of insertion of said finger pad shield in said finger hole includes the step of engaging a raised surface connected to said finger pad shield and extending away from said finger pad shield.

Claim 6. The method of claim 1, wherein said step of releasing includes the step of spreading said force of the bowling ball over the widest area of said contact area for preventing pressure spots within said bowler's finger pad.

Claim 7. The method of claim 4, wherein said step of placing, includes the step of positioning the end of the bowler's finger in a fixed position relative to said surface connected to said finger pad shield.

Claim 8. The method of claim 1, wherein said step of releasing includes the step of applying the maximum force in said first direction

Claim 9. The method of claim 1, wherein said step of placing the contact area of a first surface of a finger pad shield in contact with a bowler's finger pad includes the step of placing said finger pad shield in contact with substantially the entire area of said finger pad.

Claim 10. The method of claim 9, wherein said step of releasing includes the step of spreading said force of the bowling ball against said second surface over said substantially the entire contact area.

Claim 11. The method of claim 1, wherein said step of releasing includes the step of spreading said force of the bowling ball substantially uniformly over said contact area.

Claim 12. The method of claim 1, wherein, said step of releasing includes the step of applying maximum force from said bowler's finger pad against said first surface and wherein said step of placing said contact area of a first surface of a finger pad finger pad shield in contact with a bowler's finger pad includes the step of placing said finger pad shield in contact with substantially the entire area of said finger pad.

Claim 13. The method of claim 1, wherein, said step of releasing includes the step of applying maximum force in a first direction from said bowler's finger pad against said first surface and to said interior surface of said bowling ball and the step of spreading includes the step of spreading said force of the bowling ball substantially uniformly over said contact area.

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